



*America's First Choice*

# CONTACT

Vol. 22, No. 10

Magazine for and about Air Force Reserve members assigned  
to the 349th Air Mobility Wing, Travis Air Force Base, California

November 2004

## The 349th AES takes training to the sky (Pages 6-7)



# Integrity is key to safety, fellowship

In the midst of end-of-year closeout, fitness testing, block training and my daughter's wedding, the holiday season has snuck up on me.

With that time approaching so quickly I have a few points I want all of you to think about.

First Safety: Mishaps point to our vital need to stay engaged with safe processes, follow those checklists and technical orders, they were created for a reason, and side stepping or taking short cuts can endanger the lives of each and every one of the Airmen you work with. This is an area of personal and professional discipline. You must have the integrity to follow the regulation even if it is hard. Deviations for the sake of expediency or for selfish purposes can result in tragic consequences. Get out that checklist or Tech order. Follow the guide and do not assume your knowledge and memory are so superior that only lesser individuals use them. If this is your thinking then you need to change it because you are a mishap waiting to happen. So much of safe operations are tied to correct thinking, the right attitude and a healthy perspective. Good safe habits must be learned and reinforced and I am counting

on each of you to follow this practice. Several people in the Air Force Reserve Command have died this year because they chose a different path. Time is precious but being alive to enjoy that time is more valuable. Remember to follow the steps because they are written to provide a margin of safety to our people. Do not arbitrarily remove that margin and put our people and equipment at risk.

Second, Suicide Prevention: Over the past fiscal year, 57 of our Air Force members have taken their own lives. This is devastating to hear about. We want to know, what we could have done to prevent these Airmen from this tragic death. We must all stay vigilant in our assessment of those that work with us and for us. There are signs that people in distress will send us before they can't continue to go on. Be there to listen and get help for those individuals having a rough time. We have a network set up to reach every member of the Air Force in need, so remember this system and draw from it the strength that is needed to assist our Airmen in need. If you are unsure of where to turn to for help, your supervisor is always a starting point, as well as the chaplains or family support office. These people will be able



## Pass and Review

By Brig. Gen. Thomas M. Gisler, Jr.

to point you in the direction needed to get the help required to make it through this rough time.

For those wanting to give to charities, the Combined Federal Campaign kicked off Oct. 1 and runs through Nov. 12. This year's theme is, "The Power of Giving." The wing goal is \$16,400 and we want 100 percent contact with all members in the 349th. CFC is a wonderful way to give to the charities of your choice and many people will benefit from your donation. For more information contact the wing CFC representative, Technical Sgt. John MacGregor at (707) 424-2937.

Now with thoughts of giving on your mind, Cleo and I would like to wish you a Happy Thanksgiving with your family and friends, and may God continue to bless you and keep you safe.

# AMC commander sees our contributions

by Col. Fouad Yacoub  
349th Vice Wing Commander

This month's quote is a bit long, but worth reading. It's from our big boss, General John W. Handy, AMC and U.S. Transportation Command commander; I think you'll agree that the General sees your contributions in the proper frame and spirit. Thank you for all you do for this country.

*"The men and women of Air Mobility Command will continue to face a high operations tempo in support of the Global War on Terrorism," said Gen. Handy.*

*"Dealing with such a high operations tempo requires a total team effort from a force of active duty and Guard and Reserve Airmen, civilians, contractors and family members."*

According to the general, more than 45 percent of the deployed AMC force is comprised of Guard and Reserve Airmen. They are an integral part of the war effort.

*"The active component of AMC is the minority. The majority in air refueling and airlift are from the Guard and Reserve. A vast majority of our C-130 capabilities, a significant amount of our C-5 capabilities, and a growing number of our C-17 assets are Guard and Reserve."*

*Air Mobility's guardsmen and reservists are equally trained, organized and equipped to do anything the active component can do. It makes no difference whether active, Guard or Reserve Airmen performs the mission; everyone has the same standards, performance criteria, tactics and technical procedures.*

*That's a huge contributor to the peace and stability in the world. In a*

*peaceful state, we don't need to rely on the volunteers so much, and we're not paying the full price of an active duty component to get all that work done.*

*They're trained, ready and capable in wartime and in peacetime, and they're at our fingertips should we need them."*

Because the AMC team remains so committed to the mission, General Handy said his main concern for the future is taking care of the command's people and their families.

*"The challenge is trying to help the families involved. That's an ongoing challenge, and there's no easy answer," he said. However, one thing holds true throughout all our operations. Support from family is a critical part of successful mission accomplishment. Positive attitudes, high morale and dedication from families throughout the Global War on Terrorism have played a key role."*





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### 9 Words are powerful tools, used for good or bad

Do you have trouble affirming others? Chaplain (Capt.) Thomas Dawson gives some practical suggestions on things you might say to those around you.

### 10 Travis Team helps Discovery Channel film the Navy

The Discovery Channel has been doing a 'Day in the Life of the Navy Blue Angels' and Travis Team stepped up to help "make the magic happen."

### 11 Tips on making your travel voucher process faster

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## On the Cover



**Everything in it's place:** The 349th Aeromedical Evacuation Squadron accomplished oxygen equipment training and other important in-flight training over the Pacific Ocean, Aug. 27-Sept. 1.

Cover photo by Technical Sgt. Wendy Weidenhamer,  
349th Public Affairs

# What are you doing for others? - Seek, find your light

As we approach the holiday season, I am reminded of Dr. Martin Luther King, Jr.'s call to service, "Life's most persistent and urgent question is: What are you doing for others?"

At the 349th, we answer this call by consistently demonstrating excellence in our jobs and work to defend our country as well as our service to each other and our local community. This season, opportunities abound to individually and personally serve others thanks to our Chaplain's office (707-424-0308), our Public Affairs office (707-424-3936), our individual booster clubs, our Top 3 and Rising 6 and many other worthwhile 349th organizations. There is a way to give back, a way to celebrate, which will honor your individual beliefs and time constraints. Make contact with these organizations for further information on how to get involved.

Kicking it all off is Veterans' Day on November 11th. Given our recent activations, mobilizations and deployments, we are all veterans now. Each of us has reason to be proud of our individual and collective effort in service and commitment to our country. Celebrate this meaningful day with gusto!

Soon to follow is our annual Honor Guard Recognition Ceremony to be held Nov. 20 (C flight) at the Travis Air Museum starting at 11 a.m. followed immediately by a celebration luncheon, all sponsored by the 349th AMW Top 3 Council. This ceremony truly embodies the spirit of Thanksgiving we will celebrate the following week. With their families, friends and coworkers present,

more than 25 well-deserving Honor Guard members will receive various awards including Air Force Commendation and Achievement medals for their outstanding contributions.

Quoting from the Honor Guard creed, as individuals "Handpicked to serve as a member of the base Honor Guard, my standards of conduct and level of professionalism must be above reproach, for I represent all others in my service." Also, remember, being an Honor Guard member is an additional duty. They all have primary Air Force jobs in which they must maintain proficiency. Add this to the balancing act between commitments for their civilian occupations, school, families and friends; it's overwhelmingly apparent just how deserving they are.

This year's coordinator is Senior Master Sgt. Cathy Goff from 349th Aeromedical Staging Squadron with huge assistance from her great team! She can be reached via email at [catherine.goff@travis.af.mil](mailto:catherine.goff@travis.af.mil) or phone at (707) 424-3406.

Formally celebrating and honoring our veterans at Yountville the following week, our 349th Rising 6 Council is sponsoring Operation Give Thanks, a chance on Thanksgiving to spend time with those who have protected our families and our country during past wars as far back as World War I.

Contact Technical Sgt. Steve Drummond at [Onebad2500hd@hotmail.com](mailto:Onebad2500hd@hotmail.com), or Technical Sgt. Connie Harris at [connie.harris02@travis.af.mil](mailto:connie.harris02@travis.af.mil), (707) 424-0776 or (707) 365-1174 (both from the 349th Aircraft Maintenance Squadron) for further information or additional details.

As always Operation Teddy Bear is



## Chief's Counsel

By Command Chief Master Sgt. Patricia A. Thornton

ongoing during this entire season. The times, dates and schools are set, beginning with Bransford Elementary, Nov. 19 and other schools and dates to follow in December.

This year almost a thousand local school children will be blessed with holiday joy due to your efforts. Our coordinators, Senior Master Sgt. Alice Munoz from the 301st Airlift Squadron ([alice.munoz@travis.af.mil](mailto:alice.munoz@travis.af.mil)), Senior Master Sgt. Jan Lambard ([janice.lambard@travis.af.mil](mailto:janice.lambard@travis.af.mil)) from the 349th Airlift Control Flight, and Master Sgt. Mike Lattanzi from the 349th Aircraft Maintenance Squadron, have been busy throughout the year managing fund-raisers and other events to ensure the ongoing success of this Top 3 sponsored event. Now it's down to the wire, and they need volunteers. E-mail them or call (707) 424-2895.

Remember, we are our brothers' and sisters' keepers. As every religion in some form declares, "It is better to give than to receive." What we do in this life matters. As Shakespeare's Portia exclaims in *The Merchant of Venice*, "How far that little candle throws his beams! So shines a good deed in a naughty (weary) world." Seek and find your light...then let it shine.

## News

### Base gas station offers 24-hour service

The base gas station is now open 24-hours for those who wish to use a debit, ATM or credit card.

The gas station is one of the busiest in the AAFES chain and the new unattended service was incorporated to ease the long lines customers often find themselves waiting in currently. The new hours will also benefit personnel

who are either working long hours or who are assigned to a second or third shift.

"We've been planning on incorporating this service for some time now," said Michael Whisler, Travis Exchange general manager. "But there were several items that needed to be either upgraded or installed first."

While the gas station is now open 24 hours, there is a \$50 limit on purchases

after hours and the station will be offline each night between 9:30 and 10 p.m. while the station's attendants perform daily cutoff procedures while closing.

Also, customers using the voyager card for government vehicles will still have to purchase their fuel during the station's regular hours of operation.

For more information, contact the Travis Shopette at (707) 437-6606.

# AFRC selects new command chief

by 1st Lt. Lance Patterson

AFRC Public Affairs

Chief Master Sgt. Jackson A. Winsett will become Air Force Reserve Command's command chief master sergeant later this year, said AFRC officials.

Lt. Gen. John A. Bradley, chief of Air Force Reserve and AFRC commander, selected Chief Winsett from among 20 nominees for the position. Air Force reservists from all categories - traditional reservists, individual mobilization augmentees, air reserve technicians and Active Guard Reserve members - applied for the command's top enlisted position.

Chief Winsett has been the command chief for 10th Air Force at Naval Air Station Joint Reserve Base Fort Worth, Texas, since May 2000. He will be the fourth command chief that AFRC has had since its inception as a major command in 1997 and the 12th person to hold the job in the Air Force Reserve since March 1973.

The position of AFRC command chief master sergeant is a 3-year controlled tour at Robins AFB, Ga. The duties involve communicating with the commander about problems, concerns, morale and attitudes of the enlisted force and, in turn, ensuring the commander's policies are known and understood by the

enlisted force.

"My concern is for the enlisted force and the utilization of the force," said Chief Winsett. "I anticipate working hard for the next 36 months ensuring the needs of the enlisted corps are met."

Chief Winsett will succeed Chief Master Sgt. Cheryl D. Adams, who has served as the AFRC command chief master sergeant since February 2001. She was the first African-American woman to hold the title of command chief on active duty for a major command. Chief Adams is being considered for a position within the Office of the Assistant Secretary of the Air Force for Manpower and Reserve Affairs. If selected she will report for duty in the Pentagon as early as December 1.

Chief Winsett entered the Air Force Reserve in 1981 after serving initially on active duty in the U.S. Army from 1966 to 1969 with tours in Berlin, Germany, and the Republic of Vietnam.

His duties in the Air Force Reserve included assignments as an administrative specialist, military personnel flight specialist, group career advisor, first-sergeant and command chief master sergeant.

He served as the senior enlisted advisor for the 442nd Fighter Wing at Whiteman AFB, Mo., before becoming the command chief for 10th Air Force.



courtesy photo

In his civilian career, Chief Winsett worked for the Federal Deposit Insurance Corporation and owned a consulting firm. He retired from both occupations, devoting the last three years to full-time service in the Air Force Reserve.

Chief Winsett has lived in Lexana, Kan., since 1989 where he has been a traditional reservist. He is married and the father of one daughter and two sons.

Chief Winsett holds a bachelor of arts degree in psychology and business and a master of arts degree in business and counseling.

## Upcoming Meetings

### Top 3 Council

The Top 3 Council meeting begins at 11:30 a.m. on Sunday of each UTA in the Golden Hills dining facility.

### Rising Six

The Rising Six meeting begins at 11:30 a.m. on Sunday of each UTA at Golden Hills. This meeting is now separate from the Top 3 Council.

### Operation Teddy Bear

The Operation Teddy Bear meeting begins at 1 p.m., Sunday of each UTA in Bldg. 112 Conference Room.

### Wing Enlisted Workshop

The Wing Enlisted Workshop meeting begins in December at 2 p.m., Sunday of each UTA in Bldg. 112 Conference Room.

## Future Wing Events

### The Honor Guard Recognition

**Ceremony and Luncheon** is Nov. 20., 11 a.m. Point of contact for this event is Senior Master Sgt. Cathy Goff, 349th Aeromedical Staging Squadron, (707) 424-3406 or e-mail her at catherine.goff@travis.af.mil.

Thanksgiving Dinner for Yountville Veterans, **Operation Give Thanks**, is Nov. 25. The Rising Six is still looking for volunteers to assist. This event is being held at the California Veterans home in Yountville, Calif., with dinner being served at 11 a.m. The points of contact are Technical Sgt. Steve Drummond, 349th Aircraft Maintenance Squadron, e-mail at Onebad2500hd@hotmail.com; or Technical Sgt. Connie Harris, 349th AMXS, connie.harris02@travis.af.mil; or they can be reached by phone at (707) 424-0776 or (707) 365-1174.

**Operation Teddy Bear** distribution of Bears begins Nov. 19. Additional delivery dates are

Dec. 3, 10, 14 and 16. Points of contact for these events are Senior Master Sgt. Jan Lambard, 349 Airlift Control Flight, (707) 424-2895, or e-mail at janice.lambard@travis.af.mil; Senior Master Sgt. Alice Munoz, 301st Airlift Squadron, (707) 424-2038, or e-mail at alice.munoz@travis.af.mil; Master Sgt. Mike Lattanzi, 349th Aircraft Maintenance Squadron, (707) 424-0776, or e-mail at michael.lattanzi@travis.af.mil.

### Wing Enlisted Workshop is April 7-8.

Points of contact for this event are Master Sgt. Terry Juran, 349th Aircraft Maintenance Squadron, (707) 424-2042, e-mail at terry.juran@travis.af.mil; and Technical Sgt. Connie Harris, 349th AMXS, (707) 424-0776, or e-mail at connie.harris-02@travis.af.mil.

The **Military Ball** is scheduled for April 8 at the Delta Breeze Club. Points of contact for this event are not yet selected.



# 349th Aeromedical Evacuation Squadron training

by 2nd Lt. Robin Jackson  
349th Public Affairs

Service members from around the world continually need to be returned home following various battlefield injuries, medical problems and training accidents. The 349th Aeromedical Evacuation Squadron responds to the call, by jumping on an aircraft and flying to wherever the need arises to assist military members that request medical airlift care.

Recently the 349th AES teamed up with a KC-135E Stratotanker crew from the 940th Air Refueling Wing, Beale Air Force Base, to train AES members on patient transport on a KC-135 and to assist with the trial of a new portable oxygen system built specifically for AE.

The aircraft began take off procedures and everything was quiet, all AES members were focused on their checklists in preparation of their 5-hour training sortie.

According to Maj. Nancy Mikulin, 349th AES, the Beale team is always ready to jump in and support Travis AE missions with airpower. It is always a pleasure working with them.

The AES began working with the KC-135 tankers in 1995 in preparation for the expected retirement of the C-141s in 2006. The KC-135 allows for up to three Patient Support Pallets to be placed on the aircraft and litter patients to be moved from one location to another while in the care of medical personnel.

"It is obvious this aircraft was not built specifically to support this type of mission but with a few adjustments, it has served nicely as a transport aircraft," said Maj. Mikulin. "Eventually AES will be able to transport patients on six Air Force aircraft to include the C-17 and C-130."

Senior Airman David Harvey, 349th AES, was beginning his initial qualification training on this KC-135.

"I just recently joined the Reserve unit in January, after completing four years' active duty," Airman Harvey said. "This is a wonderful career field and it connects with my civilian career as well. I am currently a Licensed Vocational Nurse."

These AES crewmembers are not just trained in the medical field, they have acquired aircraft-specific technical skills

such as emergency egress, aircraft configuration and emergency procedures.

"This training flight is a little different from most of our flights, this flight will examine the potential effectiveness of the Mobile Oxygen Storage Tank which is a portable gaseous oxygen system designed to be used by medical personnel in the air and on the ground," said Maj. Louis Gallo, Air Mobility Command Evaluation Team. "We hope to gain enough data from this flight test to see if it is compatible for use with the AE teams that need it."

"Along with the MOST testing, we have several medical crewmembers flying for the first time on a KC-135," said Maj. Mikulin. This was a training flight for 2nd Lt. Matthew Edminster, who acted as the Medical Crew Director on one mission. Each AE crewmember is assigned specific crew duties caring for real or in this case simulated, patients. Everyone is evaluated in a crew position. Tech Sgt. Alfie Bondoc also conducted an in-service for the group on the correct way to troubleshoot the ventilator while other members were checking the vitals on a simulated patient being transported.

Members on the flight were Majors Janet Chelseth, Nancy Mikulin, Lizabeth Rose, 1st Lt. Thomas Ferguson, 2nd Lt. Matthew Edminster, Senior Master Sgt. Michael Corbin, Master Sgts. Alexander Hellmund, Dean Morra, Jeffery Hess, Technical Sgts. Elizabeth Ashley, Alfie Bondoc, Paul Rogers, Staff Sgt. Amara Garrigus and Senior Airman David Harvey.

The biggest part of the AE mission is the network of medical, flying and command and control professionals. The Guard and Reserve account for 87 percent of the AE community and fly 98 percent of the requested AE missions.

In between missions the unit is training to learn and is frequently training others in areas of combat medicine as well as in ways to survive on the battlefield.

Aeromedical Transport Teams are the first medical people on site to assist those airmen injured in battle. The 349th AES creates essentially a "flying ambulance" where the team members use their critical care life saving skills to care for and transport wounded troops. Together, the team becomes the prescription for aeromedical evacuation success.





# ains in the KC-135 on new oxygen system



photos by Technical Sgt. Wendy Weidenhamer, 349th Public Affairs

# Hope, awareness keys to suicide prevention

by Staff Sgt. Vann Miller  
379th AEW Public Affairs

Problems come unexpectedly, and things like deployments and family troubles can be big stressors for many servicemembers. But one thing care providers want to get across is that suicide is not the right answer.

More than 40 Airmen Air Force-wide have committed suicide this year, and though leaders have started programs to help identify Airmen in distress, officials said even one loss is one too many.

There are many people who have misconceptions about suicide, said Capt. (Dr.) Lisa Blackman, 379th Expeditionary Medical Group chief of life skills at a forward-deployed location.

"Interestingly, suicide rates do not go up during the holiday season," she said. "In fact, they go down."

Though people report being subjected to an increase in stress during the holidays, people are less likely to express suicidal behavior because they generally have more contact with others, she said. Also, suicidal thoughts are not as uncommon or alarming as some people may believe.

"About 50 percent of people will have suicidal thoughts at one time in their life," Dr. Blackman said. "Suicidal thoughts are part of being human."

She said there is an increased concern when an individual begins to plan to go through with the idea of suicide, and this is when outside intervention is most important.

While there is rarely a single gauge that can highlight a person at risk, officials said there are some things that people can look for. These indicators include:

- Marital or relationship problems.
- Major life transitions such as separations or retirement.
- Pending legal or administrative action.
- Academic or other life failures.
- Serious medical or psychological problems.
- Financial problems.
- Extreme mood swings.
- Withdrawal from friends, family or social activities.
- Preoccupation with death or dying.
- Increased alcohol use or abuse.
- Appearing distracted at work or poor work performance.
- Feelings of being trapped, hopelessness.
- No reason for living or no purpose.

Some of the assistance programs offered to Airmen, whether deployed or at their home station, come from the chaplains or the life-skills clinic.

"The objective is to help a person see that there is hope," said Chaplain (Lt. Col.) Charles Peters, 379th Air Expeditionary Wing chaplain. "I believe that if a person has hope, there is a good chance the person will not follow through (with the suicide)."

Chaplains offer confidentiality if Airmen need to talk without fear of reprisal. This offers comfort to those needing to talk, Chaplain Peters said.

"Confidentiality is taken seriously

within the clergy," he said. "A chaplain could be relieved of duty for breaking this confidence."

Chaplains may be bound with confidentiality and have training in counseling, but they are just part of the equation in caring for the mental state of Airmen experiencing depression and suicidal thoughts.

There is a certain level of confidentiality that exists in the life-skills clinic, also.

When people come to the clinic on their own, "they can expect to have their privacy of information respected by a mental-health care provider," Dr. Blackman said. "The information that a health-care provider is required to report involves imminent danger to self or others, child abuse or family violence cases, criminal activity, drug and alcohol abuse or criminal activity."

Ultimately, treatment is the goal, whether a person visits with the base chaplain or the life-skills clinic, Chaplain Peters said.

Dr. Blackman said she believes her job is to help people come up with a plan that helps them manage their stress and prevent depression.

"What we are going to sit down and look for is a plan to make you better," Dr. Blackman said. "There is always something out there to help someone reconnect to life."

**[Editor's note: The Travis Life Skills Support Center may be reached at (707) 423-5174 and the 349th AMW Chaplains may be reach at (707) 424-0308.]**

## Time to stop with the "Great American Smokeout"

by Patti Schwab-Holloway  
349th Public Affairs

The Great American Smokeout is on Nov. 18 this year. What better day to start stopping?

As smokers know, quitting is one of the toughest things you will do, but is also one of the most rewarding.

Quitting brings fast rewards says the American Cancer Society:

- After 20 minutes: Blood pressure, pulse and carbon-monoxide levels drop to normal.

- After 48 hours: Sense of smell and taste are enhanced and nerve endings start to regrow.

- After two to 12 weeks: Circulation improves. Lung function increases by up to 30 percent.

- After one to nine months: Coughing, sinus congestion and shortness of breath decrease. Cilia function returns to the lungs.

- After one year: Risk of heart disease is half that of a smoker.

- After five years: Risk of lung cancer is half that of a smoker.

- After 15 years: Life expectancy is equal to that of a nonsmoker.

New research on quitting suggests that in addition to such medications as Zyban, nicotine replacements and exercise are very helpful.

You can go to the [www.cancer.org/smokeout](http://www.cancer.org/smokeout) to learn more about how to volunteer or find support for quitting smoking in your area. You can also find information on how to adopt a quitter, plan a health fair, help ban smoking at school events, even march on the state capitol for laws that will save lives.



# Words are powerful tools, for good or bad

by Chaplain (Capt.) Thomas Dawson  
349th Air Mobility Wing

**S**ticks and stones may break my bones, but words will never hurt me! Do you remember saying that as a child? I do.

But over the years I have learned that words *can hurt*. A hurtful comment can leave a lasting scar--scars that sometimes never heal. Words are powerful tools, tools for good and for bad. Tools that can motivate but just as easily discourage and defeat. However, I'm a firm believer that a sincere word of affirmation can inspire and bring out the best in people.

The other night as I tucked my son into bed, I simply said, "Jonathan, I love you and am very proud of you." You should have seen the smile that came over his face. Children love to be affirmed. I do too. I get energy from my wife telling me how much I mean to her or from a church member saying, "Pastor Tom, great job!" Most living, breathing people love to be encouraged.

Scripture says we are to encourage one another (Hebrews 10:25). You know as well as I do how much we value affirmation; but, are you affirming others around you?

I read a touching story, which illustrates the power that words have to change a life — a power that lies right in the hands of each of you reading this article. Dr. John Trent told the story.

*"Mary had grown up knowing that she was different from the other kids, and she hated it. She was born with a cleft palate and had to bear the jokes and stares of cruel children who teased her non-stop about her mishaped lip, crooked nose, and garbled speech.*

*With all the teasing, Mary grew up hating the fact that she was 'different.'*

*She was convinced that no one, outside her family, could ever love her...until she entered Mrs. Leonard's class. Mrs. Leonard had a warm smile, a round face, and shiny brown hair. While everyone in her class liked her, Mary came to love Mrs. Leonard.*

*In the 1950's, it was common for teachers to give their children an annual hearing test. However, in Mary's case, in addition to her cleft palate, she was barely able to hear out of one ear. Determined not to let the other children have another 'difference' to point out, she would cheat on the test each year.*

*The 'whisper test' was given by having a child walk to the classroom door, turn sideways, close one ear with a finger, and then repeat something that the teacher whispered. Mary turned her bad ear towards her teacher and pretended to cover her good ear. She knew that teachers would often say things like, 'The sky is blue,' or 'What color are your shoes?' But not on that day. Surely, God put seven words in Mrs. Leonard's mouth that changed Mary's life forever. When the 'whisper test' came, Mary heard the words: 'I wish you were my little girl'."*

Do you have trouble affirming others? If you do let me give you some practical suggestions on things you might say to your children or others around you:

"I'm proud of you," "Magnificent," "I knew you could do it," "What a good helper you are," "You're very special to me," "I trust you," "What a treasure," "Hurray for you," "Beautiful work," "You're a real trooper," "Well done," "That's so creative," "You make my day," "You're a joy," "Give me a big hug," "You're such a good listener," "You figured it out," "I love you," "You're so responsible," "You remembered," "You're the best," "You sure tried hard," "I've got to hand it to you," "I couldn't be prouder of you," "You light up my day," "I'm praying for you," "You're wonderful," "I'm behind you," "You're so kind to your brother/sister," "You're God's special gift," "I'm here for you."

Don't ever underestimate the power of affirmation!



## News

### 349th Air Mobility Wing Holiday Food Drive

The annual Wing Chaplain's Holiday Food Drive will run from Oct. 22 through Dec. 20, 2004. The goal is to collect as much food as we can to help as many people as we can this Holiday Season. Last year the 349th AMW donated more than one ton of food to the Food Bank of Solano County. Let's work together and try and double last year's collection!

Collection bins will be located in each squadron and clearly labeled, all canned and non-perishable food will be accepted.

Donation may also be dropped off at the Wing Chaplain's Office in Bldg. 237, Bay F, first floor.

Thanks for helping to add to the season of joy - together we CAN make a difference!

For more information or to volunteer to help, please call (707) 424-0308.



Photo by Ron Lake, 349th Public Affairs

# Travis Team works with Navy, Discovery

by Jennifer Brugman  
60th Public Affairs

The 6th Air Refueling Squadron helped refuel the Navy Blue Angels on their way to the Kaneohe Air Show in Hawaii and the Discovery Channel tagged along to film it.

"The Discovery Channel has been doing a 'Day in the Life of the Navy Blue Angels' on and off for almost a year," said 2nd Lt. Robin Jackson, chief of 349th Air Mobility Wing public affairs.

The Discovery Channel is working on a four-part mini series about the Navy Blue Angels.

"[The KC-10 crew] picked up the cameraman and 46 of the Blue Angel maintainers," said Lt. Col. Shaun Turner, 6th ARS Operations Officer.

"[This portion of filming] is just a small part of the bigger picture," said Lt. Mike Blankenship, Blue Angels public affairs officer. "It shows the squadron's

movement and everything that goes into getting to Hawaii. It also shows the teamwork of the Air Force and Navy working together. It went smoothly. It was a first class operation and pretty seamless."

Along the way, the KC-10 crew, with aircraft commander, Capt. Jim Taggert, and boom operator, Tech. Sgt. Rob Tabor, gave the film crew a new view on the Blue Angels.

"The Discovery Channel cameraman was able to get shots on the refueling drogue," Colonel Turner said. "They got various shots from back of the KC-10 — a perspective they couldn't get from the



Navy PH2 Ryan Cortage, U.S. Navy Blue Angels

**Off we go:** The Blue Angels (above) showcase their talents by performing in the diamond formation. Commander Russ Barlett, commanding officer and flight leader, (below) is refueled by a KC-10 in route to Hawaii, Oct. 5.

ground."

The Travis KC-10 did 12 aerial refuelings on the way to Hawaii, Oct. 5. The crew flew back Oct. 12.

The Discovery Channel special will air early 2005.



Navy PH2 Ryan Cortage, U.S. Navy Blue Angels



# Tips to make travel voucher easier

The following are some tips to help in getting your travel voucher done correctly to avoid any delay in processing:

**\*\*Travelers will be reimbursed the 3 percent charge for authorized Automated Teller Machine withdrawals when using the Government Travel Card. Just simply claim the amount drawn from the ATM on your travel voucher.**

**\*\*Just a reminder you cannot pay for rental cars or lodging costs for other members while TDY. You will only be reimbursed for your own personal expenses.**

You must be authorized a rental car on your orders to receive reimbursement.

- Remember that you need to provide travel pay a copy of your itemized hotel receipt when staying in commercial quarters.

A copy of the charge card receipt is not accepted as an itemized receipt. If the TDY location is a military base and government quarters are directed on your orders a non-availability statement or number is required for you to receive reimbursement for commercial lodging.

- If your orders are to a classified location do not annotate that location on the travel voucher. Stop by travel pay's customer service counter for assistance.

- If you are traveling to a high cost TDY location and are certain that you will exceed the lodging rate in that area, you

can do an Actual Expense Authorization (AEA) prior to departing on the TDY.

If approved, this will enable you to exceed the lodging cost by up to 150 percent and not delay payment upon return.

- If a TDY is more than 45 days, accrual payments can be obtained at the 30 day mark while TDY.

Simply fax your travel pay office a copy of your orders and a completed travel voucher for that time period (30 days) and they will EFT the money to your account.

When the TDY is completed, fill out a complete travel voucher from start to finish of the TDY.

- When going PCS, use of the Government Travel Card is authorized.

You can use this card to pay for any Temporary Lodging Expenses, hotel, food, gas and any other authorized expense while in a travel status. Do not use your card during periods of leave.

- Remember that you will need to include a receipt for any expense of \$75.00 or more.

- Tips to taxi drivers during TDY can not exceed 15 percent of the bill. You must state how much the fare was and amount of the tip. If you use a courtesy van, allowable reimbursable tip is \$1.00.

- Tipping at airports for military members is authorized, usual tip is \$1.00 per bag. Civilian employees can not be



reimbursed for tips.

- When you change your address or bank account in Military Pay or Civilian Pay, remember to see Travel Pay at the same time to update your travel records. Updating one system will not automatically update the other.

- Reminder to look on your travel voucher for the account number where your money was sent.

It is your responsibility to check with the bank to ensure money was posted to your account prior to writing checks.

If a discrepancy appears, please go to your local Travel Pay office to update your account.

- Reminder to travelers to ensure the use of Electronic Funds Transfer for payment of travel entitlements. This is a mandatory program.

## Employment

UNIT	SERIES	ART	NON-ART	# OF VAC	REMARKS
349th AMDS	GS-0303-07	X		1	Medical Administrative Assistant
349th MSS	GS-0201-09	X		2	Human Resources Specialist
349th MSS	GS-0203-07	X		1	Supervisory Human Resources Assistant
349th MSG	GS-0203-07	X		1	Human Resources Assistant
349th AMXS	WS-8801-08	X		1	Aircraft Overhaul Supervisor
349th ALCF	GS-0391-09	X		1	Telecom Specialist
79th ARS	GS-0303-07	X		1	Operations Resource Management
70th ARS	GS-0303-07	X		1	Operations Technician
349th OPS	GS-2181-14	X		1	Aircraft Operations Officer

The civil service vacancies are provided by the 349th Mission Support Squadron and will be announced regularly in the Contact magazine.

For more information about these

vacancies, contact the Travis Civilian Personnel Office at (707) 424-3067.

Group points of contacts are: Capt. Terry Cotter, 349th Air Mobility Wing, (707) 424-3922; Chief Master Sgt. Mark Kloeppel, 349th Medical Group, (707)

424-7301; Senior Master Sgt. Nelson Bonilla, 349th Mission Support Group, (707) 424-3861; Master Sgt. Dave Taillon, 349th Maintenance Group, (707) 424-0715; and Ms. Karen Lobeck, 349th Operations Group, (707) 424-2108.

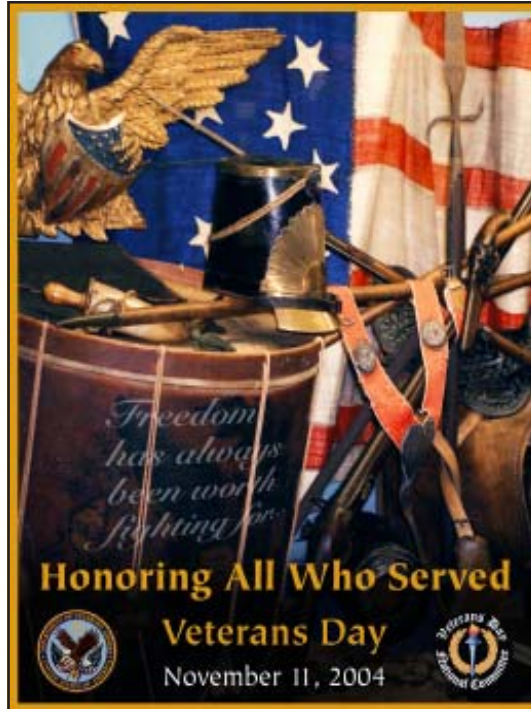
# Leaders send Veterans Day message

The following is a Veterans Day message from Secretary of the Air Force Dr. James G. Roche and Air Force Chief of Staff Gen. John P. Jumper:

"Each year, America honors its veterans for the sacrifices and hard-fought successes of so many of its citizens — those who have worn the uniform as Soldiers, Sailors, Airmen, Coast Guardsmen and Marines.

"The original Armistice Day recognized the cease-fire signed by Germany and the Allied powers on November 11, 1918. This concluded the hostilities of World War I, known as the "War to end all wars." Over two million service members of the American Expeditionary Force fought bravely on and over the battlefields of Europe.

"Today, our expeditionary Air



Force continues the fight in defense of freedom around the world against a resilient enemy who opposes our way of life.

"Since those challenging days at the dawn of the 20th Century to the awakening hours of the 21st Century, we have witnessed major wars and countless conflicts. One constant has remained: the commitment of those who served and continue to serve our nation in forever challenging times — our veterans. We honor their memory for what they have done to keep America and the world safe.

"To our Airmen who continue the fight against those who have made America their target, we salute you. We thank you and your families for your constant vigil and your continuing sacrifices. May God bless you and the United States of America." (AFPN)

## November celebrates Native-American Heritage



### 349th Air Mobility Wing Honor Guard Recognition Luncheon

When: November 20, 2004

Time: 11 a.m - 12 noon

Where: Travis Air Museum

What: Free food for all attendees

Point of Contacts: Senior Master Sgt. Catherine M. Goff, 349 Aeromedical Staging Squadron, (707)424-2044; or Master Sgt. Jon Saunders, 349th Honor Guard, (707) 424-5023

